

# WORKING IN EXTREME TEMPERATURES



## PREVENTION

Complete a hazard assessment to identify work situations where heat is a hazard

Wear suitable clothing for the heat, using protective equipment designed to reduce heat stress



Establish a cooling station

Change the location or timing of work to where and when it is cooler



Ensure workers are trained to recognize and provide first aid for heat exposure



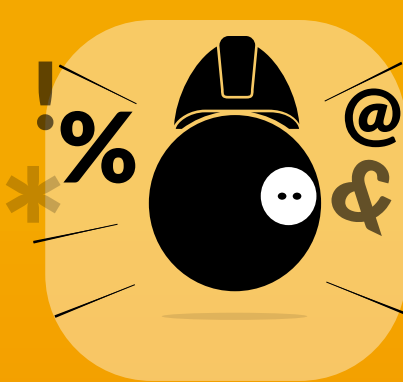
Drink 1 cup of water every 15 minutes



Use a work-rest schedule with extra breaks if needed

Minimize physical activity and allow an adjustment period to acclimatize in hot environments.

## EARLY WARNING SIGNS OF HEAT STRESS



irritability



fainting, dizziness and fatigue



dehydration



headaches and confusion

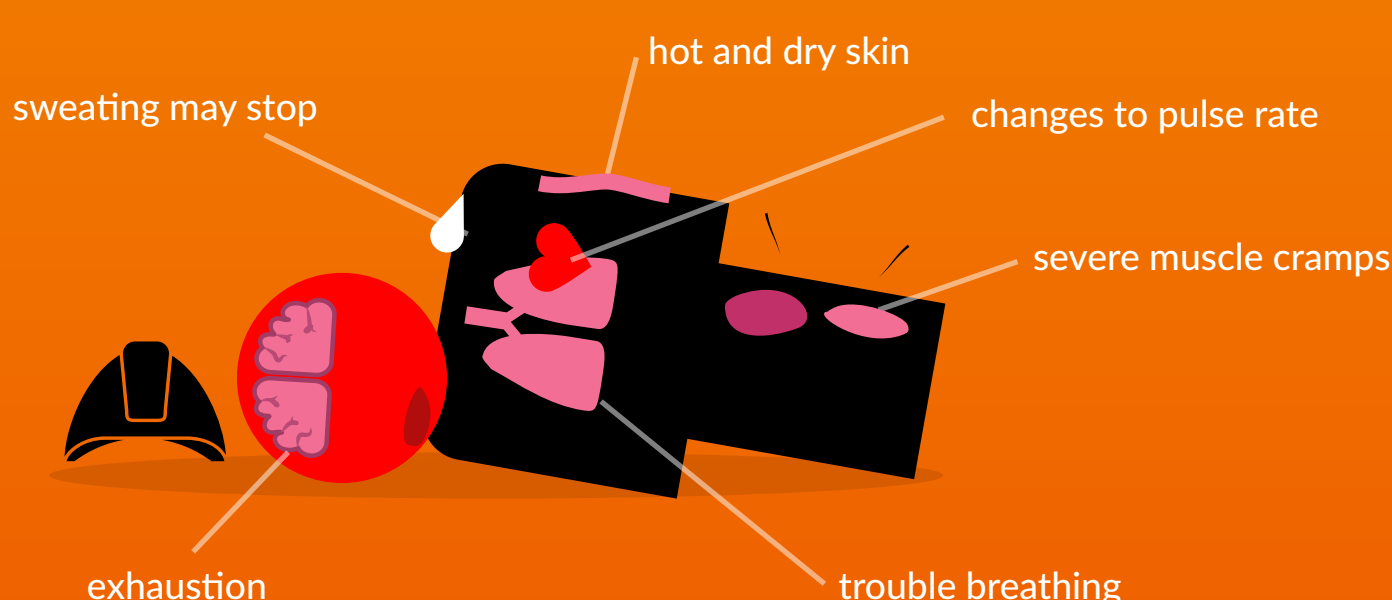


muscle cramps and sweating



heat rash

## WORSENING SYMPTOMS



Untreated heat stress can lead to coma or death

## WORKPLACE HEALTH AND SAFETY

Working in any environment you should expect:



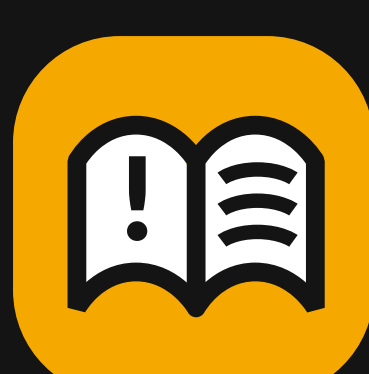
### Hazard assessment

with appropriate controls to protect workers.



### Reporting channels

to identify unsafe working conditions.



### Work procedures

that protect workers from the hazard



### Health and safety training

to prevent workplace illness and injury

Do you have questions about workplace health and safety?

Occupational Health and Safety Contact Centre

**1-866-415-8690**